

BRIDGES

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Saskatchewan music fans pick their festive favourites **P. 4**

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A gift that will impress the cork dork on your list **P. 23**

WEDNESDAY, DECEMBER 17, 2014

A STARPHOENIX COMMUNITY NEWSPAPER

PICTURE YOURSELF

ARTIST ZACHARI LOGAN
STEPS INTO HIS OWN WORK
P. 6

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#MERLEMASSIE

Forest Prairie Edge: Place History in Saskatchewan

When I moved to Saskatchewan — to open space and sky and shimmering heat — I missed the green canopy the cool dampness of the trees and the garden river that ran through my childhood.



Merle Massie

Growing up in the forest fringe north of Prince Albert, trees, lakes, meadows strapping ferns, logging, fishing and trapping defined home. I didn't recognize or get along with, prairie! In fact, all that sun and sky gave me a headache. I'm Saskatchewan born, but definitely not from the Prairies.

Studying Canadian history at the University of Saskatchewan I start

ed to see how much of the Saskatchewan story is missing from, or not told by, history books. Saskatchewan as the 'Prairie' idealizes home, and Cree, mixed and settler, gunners and farming, politics and medicine, potash and oil. Saskatchewan's north comes out wandering. The southern country far inside herds, rivers and lakes, trees and rocks — which we now know are full of minerals. The two solitudes of Saskatchewan.

What would happen to the story I thought I told it from the perspective of the place where I grew up? At the edge, the contact between the prairies and the forest forest, in the place where north and south coincide? What new stories would be born?

It turns out what Prairie Northwest people missed the forest at wild and at need, building strength depending on season and weather. I tried the story of the Treaty Six address north of Prince Albert and the creation of Little Red River farming reserve, I explored Saskatchewan's massive logging industry the mixed farming movement (where King Wheat was celebrated) and settler settlement. It followed overland freighters through the lands to their stricken north and south together. Saskatchewan's northern location, central as Lethbridge and Prince Albert National Park, made trees and lakes beautiful. Finally drought and depression climate arguments, like my grandparents, left the south as a dust

storm. They are getting to be Paul Dickson, which also all the towns along the forest edge I haven't during the hard years. This choice Saskatchewan even story of heat and despair broke apart at the forest.

I love local history and I believe in the power of the everyday stories people tell. In this book I share the story of my hometown area north of Prince Albert, as a way to recognize the unexpected, Saskatchewan variety of Saskatchewan.

Merle Massie is a writer, critic, historian, and former. She earned a PhD from the University of Saskatchewan in 2011 and holds a research fellow ship at the University of Ottawa. She is at work on her next book for her home in Biggar, Saskatchewan.



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Recipe of the Week
Green Bean & Mushroom Medley

Ingredients:
1 lb fresh green beans cut into 1" lengths
2 carrots cut into thick strips
1 cup butter
1 onion sliced
1/2 cup fresh mushrooms sliced
1/2 cup unsalted oil
1/2 cup garlic salt
1/2 cup white pepper

Directions:
1 Place green beans and carrots in 1" frills of boiling water. Cover and cook until tender but still firm. Drain.
2 Melt butter in a large skillet over medium heat. Sauté onion and mushrooms until almost tender. Reduce heat, cover and simmer 5 minutes. Stir in green beans, carrots, salt, unsalted oil, garlic salt and white pepper. Cover and cook for 5 minutes over medium heat.

Keep watching for more recipes and read us your feedback!

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ON THE COVER PG. 6



Zachary Logan is writing on topics for a 2015 show in New York. *Illustration: Michelle Berg*

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SHARP EATS P. 20



Andrew and Farney Estate Brewery owners Chris and Lawrence Whelan use barley from their family farm to make food chain and beer. *Illustration: Michelle Berg*

BRIDGES COVER PHOTO BY MICHELLE BERG

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MUSIC

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CHRISTMAS CAROLS

Sask. music fans pick their festive favourites

By Ashley Martin

I asked some of Saskatchewan's most avid music fans about their favourite Christmas songs. See if you agree with their picks.

Jeffery Straker, Regina

One of my favourite Christmas songs is The Christmas Song. It's kind of a vague title, but for those who don't know which one I mean it's the one that starts with "Chorus waiting on an open fire..." I really prefer the Nat King Cole 1960 version that was recorded with a full orchestra, although many many people have covered it and lots of great versions exist. This version is really gentle and the arrangement is so beautiful. I like the conversational flow of the words; they really take me back to Christmas. I spent as a kid when it was so magical and the anticipation of the big day was almost unbearable. It was written in 1946 by Bob Wells and Mel Tormé in the middle of a blistering hot summer in an attempt to cool off. They wrote it in 46 minutes (some reports say 15 minutes). Not bad for less than an hour's work.

Jess Moskaluke, Langerhag

My favourite Christmas song is a fun between any version of O Holy Night, and anything by Kenny and Dolly. That whole album was always (and still is) always on repeat at Christmas time!

Colleen Hansen, 90.5 Jack FM morning host, Regina

Christmas isn't Christmas for me without hearing Kinde's Merry Xmas. Everybody I usually blast it Christmas Eve when the whole family has piled into my house, a new morning Sade, belt and we dance around and look at Christmas lights. I look forward to raising a drink and letting out "TPA (THANKS EVERYBODY)" along with Sade every year.



Saskatoon rocker Megan Lahr chooses Blue Christmas by Elvis Presley for her favourite holiday song. FILE PHOTO BY ERIC FENDEL.

Clayton Livithorn (Kacy & Clayton, The Deep Dark Woods), Okotoks

Recently I've been listening to an album by The Young Tradition with Shurley and Dolly Collins called The Holy Icons the Crosses. On the album there is a song called It Is Far to Bethlehem. It's an old English

song with a great simple melody and words depicting the nativity scene.

Kay the Aquanet, Saskatoon

Charlie Brown Theme Song - or the stereotypical hip-hop version would be Christmas in Hell as Run DMC

Elisavinda, Moose Jaw

My favourite all time Christmas song is Mary Did you Know? Mark Lowry wrote the lyrics every year ago and while working on this idea he wondered if Mary realized those little hands were the same hands that soaked out sinners and formed rivers. It was seven years before

Mark found the right music to match his lyrics. He had shared the lyrics with a lot of musicians but it wasn't until his friend Buddy Greene heard the lyrics that the song had the perfect musical fit.

Throughout the years this has been my most requested song during the Christmas season.

MUSIC

Gravy (Bazzy, 92.9 The Bull morning host, Saskatoon)

Bazzy M's Mary's Boy Child is the one that makes me think Christmas. We used to hear it every year all through the holidays, at my grandparents', and my siblings and cousins knew that one by heart. It really brings us back to where we were little. The other is Martin McElwee's D Holly Night. I honestly listen to that one year round. Not many artists can do that one like she does with the crisp bugle notes at the end and the control she has. Gower: Bumps Every Time.

Andy Davidson (Andrea Sam's), Regina

Happy Xmas (War Is Over) by John Lennon. The song is such peace and love. With so much war going on in the world, it's nice to think like John did. The song also makes me reflect on how lucky I am, given the fact that there are still war in the world. I'm in poverty and struggling for basic human rights.

Megan Nash, Marlborough

I know it's the holidays when I hear Bing Crosby's White Christmas. I adore that crooner classic and love to sing it myself. White Christmas is also one of my favourite holiday films. Great seasonal reminders.

Tenn Semple (Per Senatore), Regina Symphony Orchestra, Regina

We have to gather at Christmastime with our friends and families to sing Christmas songs. One of my favourite songs is The 12 Days of Christmas. I always enjoy singing this with the children. It's so great to see the joy on their faces as they try to remember what comes next. We also have recordings of our friends singing this song with each person taking a solo.

This song has recently inspired me to use it as the setting for our Dec. 11 Per Senatore concert.

One of my favourite versions of this song is by a bassoon group called the Golden Quarter. I used to work with one of the bassoon players. One thing you learn about bassoon players is they often have a very good sense of humour. Maybe have something to do with their choice of instrument? The CD is titled A Christmas Carol.

Rory Allen, Regina

There are so many beautiful Christmas songs, and I love this time of year! O Holy Night as done by David Phelps of the Gethsemane Band — simply beautiful. And Grown Up Christmas, just as done by Saskatoon's own Jack Semple. We listen to Jack's Cool Yule CD every year. It is a Christmas favourite at our house.

Megan Lane, Saskatoon

My favourite Christmas song is Blue Christmas by Elvis Presley. As a child, I lost about six years old, I became obsessed with Elvis after hearing one of his songs on the radio while driving with my dad and listening to the oldies station. I then began to collect all of his tapes, posters, playing cards — anything I could get my hands on! Then I found the Elvis Christmas album, and Blue Christmas just stood out to me as such a beautiful melody. Just as I grew older, it took on as one of my favourites, especially after spending Christmas away from family while travelling or touring. I've always treasured as comforting it and I might just record a Nashville version of it this year.

Merry Christmas everyone and if you're lonely this Christmas, pause a stiff drink and listen to Blue Christmas on repeat. (The Tenn Semple)



Bazzy M's Mary's Boy Child is a Christmas classic for Saskatoon radio host Gravy (Bazzy) and his Photo

SHORTLIST

- The Christmas Song — Nat King Cole
- Mary Did You Know? (any version)
- O Holy Night (any version, including those by David Phelps and Martine Magidoff)
- Once Upon A Christmas album by Kenny Rogers and Dolly Parton

- Merry Xmas Everybody — Slade
- Is It Far to Bethlehem? — The Young Tradition with Shirley and Dolly Collins
- Oh We Know Where — Bruce Cockburn
- Christmas in Heile — Run DMG
- The 12 Days of Christmas — The Golden Quartet

- Mary's Boy Child — Sonny & Cher
- A Merry Xmas (War Is Over) — John Lennon
- White Christmas — Bing Crosby
- Grown Up Christmas List — Jack Semple
- Blue Christmas — Elvis Presley

ON THE COVER

When you're drawing yourself, there's this strange intimacy to it. — Zachari Logan

ZACHERI LOGAN

World renowned artist has impressive body of work



Zachari Logan works on a piece for his first solo project in New York, which will be at the Little Tichner Museum's House of Street window gallery in winter 2015. PHOTO BY MICHELLE BING

By Sean Trembath

Zachari Logan has a CV like an at his New York, Vienna, Paris, Athens, Monterey, Mexico.

The Seattle-based artist's work, which tackles masculinity, gender and sexuality through a highly personal lens, has taken him around the world. He's

not slowing down, with residencies in Vienna and Rochester planned for the next year.

But 2015 will also see him share more than ever before with his home province. It's not that he is unknown here: He has pieces in the permanent collections of the Mendel, the Seattle-based Arts Board, the University

of Seattle, and more. He has participated in the Mendel's Artists by Artists series twice, once as a mentor and later as a mentor.

He has three solo exhibitions planned for Seattle: one at the Regent and one in North Seattle — over the next year. They're opportunities to show how his work has

evolved from the more stark self-portraits some associate him with to intimate drawings of the body and nature.

More than ever before, his work is informed by Seattle, his art, his nature and landscapes. He also recently won the Emerging Artist category at the Northwest Governor's Arts

Awards, presented by the provincial arts board. It's a perfect time for him to share here.

"It's an important milestone of events for me to have all this happening in the province at once. I've been so long sharing outside of the province. It's special to me personally," Logan says.

As a queer man, I wouldn't be honest in my work if I didn't acknowledge it is a pretty important aspect, for sure.

— Losan



Zachary Leppan stands in front of his innovation wall in his studio. Above: Photo by Michael J. Smith.

Those familiar with Logan's oeuvre would likely be surprised to know he was once admitted he would never work in self-portraiture. As a student, he was interested in queerness and traditional expressions of masculinity. He made collages of male imagery from fashion magazines to classical paintings.

A professor convinced him to focus the same strategy on himself.

"You've turned a queer gaze onto the male figure but what if you were to turn that gaze on yourself? It's one thing to objectify an image of another person, but then doesn't some thing

to your own body might be interesting," Lagan remembers he is told.

It worked. To this day, Logan's own farm dig area heavily into his art. It continues to evolve, but his body is a crucial element to almost everything he produces.

"I found I was much more psychically engaged. It's easy to choose an image of a man from the Internet hard over but when you're drawing yourself, there's this strange intimacy to it," he says.

Continued on Page 2

Be a good sport and make a difference!



Poverty is standing in the way of a Merry Christmas for thousands of people in our community. The StarPhoenix is asking people to make a big difference for many Saskatoonians and their families this Christmas.

The Sporting Christmas Fund, operated by The StarPhoenix, has set a goal to help alleviate hunger and sadness for as many people as possible this holiday season. All donations are turned over to the Salvation Army, where money is put to good use for those in need of a Christmas dinner or a helping hand.

With your generous support, we'll make the Sporting Christmas Fund the most successful yet.

in support of

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* Please send only cheques, money orders or credit card donations by mail.

\$ Cash donations can be made in person at The StarPhoenix
204 5th Ave. North, Saskatoon, SK from 8:30 am to 4:30 pm.

Change History Table

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[illegible]

Be a good soul. Be The Difference. Spread Christmas Cheer, and make a Difference.

I think Zach has a really good sense of curiosity. A strong sense of thirst. He's inquisitive, curious (and) absolutely passionate about seeking out both technical and conceptual information. — Allison Norlen

Lopez had originally intended to go out of process for his master's degree, but was convinced to apply by the prospect of funding.

"I looked at my masters as two years they were going to create a body of work," he says.

He gave a lot of credit to his professors, and in particular Adrian Norcia, who occupied the mentor role in his first MFA-level show.

Norcia is reluctant to take any such credit for Lopez's work. She was one of the curating forces behind getting him to stay at the U of S, but says he has earned his success through natural drive and passion.

"I think Zach has a really good sense of curiosity. A strong sense of thirst. He's inquisitive, curious (and) absolutely passionate about seeking out both technical and conceptual information," she says.

His first big break came straight around while he was still a student. A gallery in Paris saw some of Lopez's work as a magazine and offered him a solo show. While Lopez was in Venice, he found out he was selected for *Artforum*, a prestigious New York-based award that has his work tour internationally.

Those two exhibitions were the foot in the door Lopez needed.

"Anything else has kind of been organic. One thing led to another," he says.

Lopez says that is how the art world should work. "You get seen, you build relationships and your work travels by word of mouth."

In his case, at least some of his success seems to stem from how he compares himself.

"His attitude is really wonderful. The way he worked with beauty and students here. He's very generous with sharing knowledge, very generous with sharing stories, very generous with sharing ideas, very generous with sharing his perspective, very generous with sharing his opinion," says Norcia. "That's really important." Wayne Bernsdt, director and curator of the Minneapolis Rock Gallery in Calgary says:

"Of course, none of that matters if the art is not good. Bernsdt says he found Lopez's work refreshing, but not because it was something he had never seen before. Instead, Lopez's focus on classical structure and the fundamentals of architecture



Shown: Lopez watercolor piece *For My (P) solo display* in New York. The elaborately detailed *Curutch* tapestries span over seven meters on the wall of his studio and are based on a 16th-century Flemish work that tells the story of a hunt for the mythical Grail. PHOTO: PHOTO BY MICHAEL BING

shop were a welcome departure from an academic culture Bernsdt says can be as free-form and disparate it lacks education.

"I think the form of representation is very traditional, in a lot of ways. Just to see that counter-current coming from a studio and presented in a gallery, suggested there was a counter-current against that and everything kind of coming," Bernsdt says.

He is also attracted to Lopez's

subject matter. Recently, with his *Wild Man* project, Lopez has shifted toward more intricate portraits. His body is still present, but it is surrounded and at times consumed by nature.

An example of this work is his *Curutch* tapestries. The pieces are large — one work he is making for a New York gallery spans over seven meters on the wall of his studio. Based on the 16th-century Flemish 16th-century Flemish works which tell the story of

a hunt for the mythical beast, Lopez's pieces are elaborately detailed. Plans and focus are completely woven into a tapestry both physical and visual.

"I'm using the language of the rug, painting and reticulation tapestries in these drawings, and weaving the narrative using myself as the embodiment of the unicorn," he says.

♦ ♦ ♦ ♦

Lopez's search identity has al-

ways figured heavily into his work. It used to be more covert, especially in his male self-portraits, but it still surfaces beneath the surface of his never-present.

"The idea of identity and queerness and subverting accepted ideas about masculinity, those sorts of things are ever-present," he says.

He says it's always going to figure at least partially into what he does, so any artist is naturally influenced by who they are.

Just to see that counter-current coming from a studio and presented in a gallery, suggested there was a counter-current against that anything and everything kind of drawing. — *We yne Baerwaldt*



Zochan Logan's nature-centric work will be featured in two 2015 shows at the Raine Art Gallery and Saxe Fine Art Gallery through March in Weds. at 806.

"I wouldn't say I embrace one aspect of my narrative more than another, but it's ever-present. As a queer man, I wouldn't be honest as my work if I didn't acknowledge it as a pretty important aspect, for sure," he says.

In embracing the actual, Logan has brought back to his work the narrative he is constructing.

"A lot of this work in particular is about this place. It's about my relationship to the landscape, while still using those earlier narratives about identity and queerness," he says.

He references ditches, something he associates with the provincial landscape. "The imagery in his studio wall features a ditch prominently in the foreground."

"It has something to do with the tunnel, or the in-between space. I've adopted it as a kind of meta place for queerness," he says.

Appropriately, this nature-centric work will figure heavily into his shows in the province over the next year. He will be at the Chapel Gallery in North Battleford this month through March and in the provincial capital, both at the Re-

gina Art Gallery and the Saxe Fine Art Gallery in October.

He has chosen to make his home in Saskatoon despite having made more waves in larger, more artistically prominent centres. "The decision is partly practical. His work space in the Bridge City The east of being in Saskatoon hasn't hampered his ability to disseminate his work worldwide."

"I've been able to travel abroad, do these projects, do residencies, be present for my shows in other cities, and it's been exponentially

feasible. I also have this enormous studio, which I would not have probably anywhere else," Logan says.

Family also plays a role. His parents and husband live in Saskatoon. One of the only drawbacks of such a busy travelling schedule is missing his loved ones.

"It's hard to be apart for so long," he says.

Luckily, his husband has been able to accompany him on many of his journeys, and will be along on both of Logan's planned residencies next year.

"Even though I'm in these fake town places it's always nice if you can share them with someone you love," Logan says.

His career is still quite young. His style and the media he uses will continue to change as with his recent forays into ceramics.

Whatever his passions, take him. He is happy to be able to live and work as he does, trying off the fruits of his creativity.

"I had a real desire to drive from a very young age. It became more for me, more of an idea it could become a career. Like," he says.

ON THE SCENE

PIANO-TON FOR THE SASKATOON FOOD BANK

The Basement's Piano Friday Series cranked into an all-night jazz party last week.

Saskatoon's best jazz pianists donated their time and talents in support of the Saskatoon Food Bank and Learning Centre on Dec. 12. Donations for the Food Bank were accepted in cover charge for the eight-hour show that went until midnight.

BRIDGES PHOTOS BY GREG PENDER



ON THE SCENE



1. A donation to the food bank was good for admission.

2. Greg Kostymuk and Chris Adams

3. Mary Conlin and Max Kirby

4. Glenn Bockley, Della Reid, Gaylene Newell and Rick Newell

5. Maureen Reid, Wendy Howard, Len Ferguson and Karen Howard

6. Tracy Thompson and Amy Stewart Martin

7. Ben Mayus and Doreen Peterson

8. Beth Belton-Lombardi

9. Glenn Stoneland and Sonja Stoneland with Don Griffith

Nuts About Nature At Beaver Creek Conservation Area

It's chilly. My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
I'd like to give the birds in my neighbourhood a Christmas present. What could I give them?

Santa

Dear Santa,
What a super idea! I've heard that this is a really special time of year for many of you humans and that you often give each other gifts. Christmas is a wonderful time to show your appreciation for nature by presenting her with a gift. Birds need three important things in their habitat in order to survive: food, water, and shelter. If you can provide any of these items you will have "gifted" the birds with a better chance of making it through the winter. Most birds around at this time of year need high energy foods to power them through the cold days and nights. Great (rendered beef fat) mixed with black oil sunflower seeds is a tasty treat that can't be beat! This combination will appeal to a wide number of birds including chickadees, jays, and woodpeckers! Merry Christmas!

Send your questions to me at the address below. Even watch Bridges for the answers.

Your pal Chip

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IN THE CITY

DECEMBER 13, 2014 - 1:59 P.M.

A canine Christmas



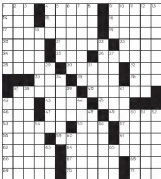
Cat, a foster-wheeler of cross, waits for her first photo with Santa at Wilson's Greenhouse and Garden Center. Proceeds went to New Hope City Rescue, which treats her as a special dog.

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 New or recent Abbr.
 4 Bands from last century, maybe
 9 In a lawsuit
 14 Into gas ____ pain
 18 Inuit
 19 Name ____ to click
 17 Name's name
 19 Pseudonym
 20 Playwright who wrote "A Raisin in the Sun"
 21 "Name ____"
 23 There's no love
 24 Geographical terms, each another geographical name backward
 25 One of two NY birds
 26 Leave in the tank
 28 Common insect
 30 World's largest quarter of U.S. land
 32 Civil War battle
 33 One last
 35 Homestead prefix
 36 ____ Union
 37 & 42 Repeat: offend ____ or something found there only in two weeks in this puzzle
 42 ____ Pharo



JACQUES-BOUASSA/LEMONDE

- 48 One of the eyes
 49 Used for approximation
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EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wed., Dec. 17

Gorgeous Bluebirds
Birds on Broadway
817 Broadway Ave.

Thurs., Dec. 18

Erin McInervey
Oaklens Restaurant & Lounge,
1-227 Pineshale Dr.

Who Drew a Porno
Birds on Broadway
817 Broadway Ave.

Deets Series: Key & Cleaton w/ Kiam GalPinto
The Basement,
204 Fourth Ave. N.

Fri., Dec. 19

Nightside
Birds on Broadway,
817 Broadway Ave.

Piano Friday: Pileton Quinn
Piano Series: Jason Wilson
w/ Cuyler Miller
The Basement,
204 Fourth Ave. N.

Dan McConnell
Army & Navy Club,
259 First Ave. N.

The Standards Trio
Motel & Saloon,
3330 Eighth St. E.

Lucas Dulse
The Field: Sander City/er Centre,
103 Fairmont Ct.

Sam Jayvians
Toke Town Tavern,
3330 Fairlight Dr.

Pandora is Japan w/ Classy
Classics, The Department
Heads and Blackwater
Amigos Garage,
63210th St. E.

Orinocelly Christmas w/ De-satado and Phoebe Baldwin



Catch jazz pianist Maurice Doren at The Basement on Piano Saturdays. (PHOTO BY RICHARD MARLIN)

Worship Tunes
801 Broadway Ave.

The Nothere: Light w/ Minor Matter and Taylor Jade of Little Criminals
Punk Rock Christmas
Rock Bottom,
834B Broadway Ave.

Blues Rodeo
Pizzini Pub and Grill,
1403 Mykoyl Dr. N.

Darwin Roy
Star's Place,
105-110 Ruth St. E.

Sat., Dec. 20

Nightside

Birds on Broadway
817 Broadway Ave.

Piano Saturdays: Maurice Doren
Jazz Singer Series: Venti and The Ventrals
The Basement,
204 Fourth Ave. N.

Dan McConnell
Army & Navy Club,
259 First Ave. N.

Julia Party: Ralph's Rhythm Kings
Downtown Legion,
606 Spadine Cres. W.

Electric Blues Hour
Motel & Saloon.

3330 Eighth St. E.

One Bad Day
OTRans Event Centre
241 Second Ave. S.

Savage Henry and The Infamous One
President's w/ The Beloved Ones and The Tungs
Amigos Garage,
63210th St. E.

A Vengels Country Christmas
w/ Brenda Jackson, Randy West, David Pickers, Jo Loney and DJ Sam
Vengels Tavern,
801 Broadway Ave.

Punk & The Punk presents: Peep This w/ Brenda Seash.

IGN and Pictured Punk
Capitol Music Club,
344 First Ave. N.

Blues Rodeo
Pizzini Pub and Grill,
1403 Mykoyl Dr. N.

Darwin Roy
Star's Place,
105-110 Ruth St. E.

Sat., Dec. 21

Acoustic Night: Nigel Mac Bred
Birds on Broadway,
817 Broadway Ave.

Deets Series: Ryan Bodd
The Basement.

204 Fourth Ave. N.

Mon., Dec. 22

Nigel Mac Bred
Birds on Broadway,
817 Broadway Ave.

Tues., Dec. 23

Nigel Mac Bred
Birds on Broadway,
817 Broadway Ave.

ART

The Gallery at Art Placement
Until Jan. 8 at 228 Third Ave. S. On the Road to Emma Lake. Landscape paintings by Rebecca Penhachoff

EVENTS

Mindel Art Gallery

Until Jan. 4 at 950 Spadina Ave. E. Modern Visions: The 50th anniversary exhibition, Modern Visions, presents about 150 works from the permanent collection. The Members' Sale in the gallery shop is until Dec. 26, with selected works up to 30 per cent off.

Artists Drawn Together

Dec. 19, 7 p.m. to 10 p.m. and Dec. 20, 10 a.m. to 4 p.m., at Le Lok, Fondation des Travaillistes, 212-308 Fourth Ave. N. An art show and sale of recent paintings by Vito's Woodhouse and Dion Chisler.

Hard Wave Gallery

Until Dec. 22 at 406 Third Ave. N., Minicham One Colour by gallery artists.

Frankie Star Gallery

Until Dec. 28 at 133 Eighth St. E. Behind These Eyes by gallery artists and pupils.

Humboldt and District Museum and Gallery

Until Dec. 31 at 650 Main St., in Humboldt. A Local Perspective by Miriam Vidotto. An exhibit of wildlife paintings.

Art in the Centre

Through December at Padrick Centre, 110 Ossington Ave. Art to Inspire.

SOVAP Gallery

Until Jan. 3 at 253 Third Ave. S. Apparitions by Amanda Husain. Highly textured acrylic paintings in both abstract and portraiture.

The Gallery at Frances Montan Central Library

Until Jan. 2 at 311 23rd St. E. Across the Ocean by Jean Bosco. Paintings inspired by the nature of Africa and urban Saskatoon.

Eye Gallery

Until Jan. 2 at 117-122 College Dr. Ink Talk by Irene Wakers.

Funky Petals

Until Jan. 31 at 232 Third Ave. S. A collection of floral and photographic artworks by Sharon Oakleaf.

Affinity Gallery

Until Jan. 15 at 813 Broadway Ave. Imaginary Architect. Imaginative

handmade toys and games in a variety of mediums. Reception Jan. 5, 7 p.m. to 9 p.m.

Ukrainian Museum of Canada

Until Jan. 24 at 910 Spadina Ave. E. Dances in Ukrainian. Travel photography by Andriia Kopylov and Karen Polakovy.

Green Ark Collocated Home

Until Feb. 2 at 232 20th St. W. Works by Geoffrey Mueller.

Linked: Colony Collapse

Until Feb. 28 along the meerkat from the Meerkat sales Centre to the Mendel Art Gallery. An installation in the train by Melanie Martin with support from Sask Trust members.

Saskatoon City Hospital Gallery on the Bridges

Until Feb. 28 on the east floor of the Atrium at Saskatoon City Hospital. Watercolour Landscapes by Patricia L. Clark.

Western Development Museum

Through April 20 10 at 2810 Levee Ave. Big Bear Twelfth Exhibit. In partnership with the Royal Saskatchewan Museum. A 92 million-year old crocodile skeleton brought back to life through 3D imaging.

FAMILY

Play and Thrill

Tuesdays and Wednesdays, 9:30 a.m. to 11:30 a.m. through April. For children up to age five. Jam—structured, crafts, snacks, story time, toys, activities. Email playandthrill@ukonline.com or visit this Facebook page.

Stare and Strikers

Wednesday, Jan. 15 at Centre Chimes in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

Cry's Climax and Play

Daily, 10 a.m. to 3 p.m., in Bay 4 of 619 South Railway St. W in Wexman. Saskatoon's newest indoor playground for children up to age 12. Visit www.saskatoonplay.com or their Facebook page.



Planter & doorway by Sharon Oakleaf is on display at Funky Petals. SUBMITTED PHOTO

EVENTS

LLUG Geo-katzen Daytime Series Meeting

The third Wednesday of the month, 12 p.m. to 2 p.m., at Saskatoon Mothers' Centre, at 250-26 St. W. All women interested in breastfeeding are welcome. Call 306-555-4700 or email llugskatzen@gmail.com

Pan Playroom Indoor Playground

Daily at 1633C Quebec Ave. A SMART indoor playground for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Scouters Indoor Playgroup

Thursdays, 9:15 a.m. to 10:15 a.m., through May at Emmanuel Baptist Church, 1836 Acadia St. Parent-supervised playgroup for kids up to age five. A bounce house and toys for kids, designated infant play area, refreshers for parents designed for interaction with the other mothers. For more information at scouters4kids.org or their Facebook page.

Breastfeeding Cafe

Thursdays, 10 a.m. to 10:30 a.m., at Westchase Primary Health Centre, 2311 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a



Sylvia Chant performs in her Singing with Sylvia. Monday, Dec. 15, 10:30 a.m. to 11 p.m., at The Refinery. singingwithsylvia.com

brief educational presentation and time for interaction with the other mothers.

Movies for Mommas

Thursdays, 10 a.m. at Rainbow Cinema in The Centre. An infant-friendly environment with reduced sound, change tables, bottles, nursing and stroller parking.

Singing with Sylvia: Holiday Hoops

Dec. 15-16, 10:30 a.m. and 1 p.m., at The Refinery. Children's entertainer Sylvia Chant performs a live concert just for children, with lots of movement and audience participation. Tickets at 306-663-5795, on the boards or at the door.

School Break Winter Crafts

Dec. 20-23, 10 a.m. to 4 p.m., at Meadow Valley Centre, 402 Third Ave. S. Repurpose old Christmas cards to make garlands and ornaments. For ages five to 12.

Free Family Fun

Sundays, 2 p.m. to 4 p.m., at the Mendel Art Gallery, 503

Spedway Cres. E. For ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. Dec. 23. Celebrate the holiday season by making wrapping paper of your own design.

Shop in Stroll

Fridays, 5:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing and a social-swing for parents and babies. Free/paid at www.mallatlawsonheights.com. No classes on start holidays.

Baby Talk at SPL

Fridays, 10:30 a.m., at Alisa Turner Birth Methods, 10:30 a.m., at Carlyle King Birch and Jo Wood Birch and Tuesdays, 10:30 a.m., at Cliff Wright Beach. Half-hour singing and rhymes, then mingle with other parents.

A Christmas Spectacular!

Until Dec. 22 at The Refinery, 509 Dufferin Ave. Presented by Male Open Children's Theatre. Featuring variety acts, audience participation, sing-alongs and Christmas stories. Tickets at wkidopen.ca.

Prenatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to intermediate yoga designed to help with perinatal recovery. Baby-friendly class with certified yoga teacher. Suitable for four weeks to two years postpartum. Register at myyoga4moms.com. No classes on start holidays.

Conscious Light Science (CLS)

Public Tours Mondays, 7:30 p.m., at the Geonade Light Science, 44 Innovation Blvd. The symphony research facility is open for

the public. Pre-registration is required. Call 306-557-3545, email outreach@lightscience.ca or visit lightscience.ca/education/public_tours.php.

Prenatal Yoga

Mondays, 8 a.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a doctor and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-352-3443 or email register@yoga4moms.com. No classes on start holidays.

Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Westminster United Church. Hosted by Phyllis Hearts Learning Community, a group of families inspired by Montessori philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNally Robinson, 1320 Blyth St. E. For children ages three to five in the Circle of Trees. Call 306-955-1471.

My Smart Hands: Saskatoon Baby and Toddler Sign Language

Starts Jan. 13 and 10:15 sign language provides the skills to communicate with your pre-verbal baby, accelerate their development and strengthen cognitive skills. Registration is now open. For information contact Tanya Myrtila-Worle BSW, MEd, Certified Baby Sign Instructors at tanyamwr.com or call 306-219-2769.

BRICKS & BOLD? Saskatoon

Register after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit bricks4kids.com or call 306-979-2769.

EVENTS

Saskatoon Public Library Programs

Offering daily programs for children and families. Find the schedule at saskatoonlibrary.ca/node/1918

SPECIAL EVENTS

Saskatoon Farmers' Market

Open year-round. Week ends and Sunday 10 a.m. to 3 p.m., and Saturday 9 a.m. to 2 p.m., farmers are in attendance Tuesday to Friday, 10 a.m. to 5 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at saskatoonfarmersmarket.ca. Contact: 306-384-6362, saskatoon@quest.net

Mayfair Carpet Bowling

Week ends, 1 to 5 p.m., at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-651-3151.

Stephen's Backpacks Acquiring Supplies

Dec. 17, 3 p.m. to 5 p.m., at the Courts of Prince of Wales, 2333 Herman Ave. For information on what goes to a backpack, visit stephensbackpacks.org or Facebook. Cash donations can be made online.

Christmas Comedy Special

Dec. 17, 7 p.m. at Capitol Theatre Club, 216 First Ave. N. Co-edian comedians Kelly Taylor and Chris Gaskin perform.

Jingle Bucks

Until Dec. 15 on Broadway Ave. Enter to win from \$100 to \$500 in jingle bucks at participating Broadway Avenue merchants. Jingle bucks can then be spent at Broadway stores.

The Haven Garage

Dec. 17, 7:30 p.m., at TCU Place. A national tour raising funds and awareness for Canada's hungry. Tickets at 306-915-1199, tcbucks.ca.



Comedian Kelly Taylor is part of the Christmas Comedy Special on Dec. 17, 7 p.m., at Capitol Music Club, 132 Centre St. or wttul.ca.

West Coast Swing Dancing
Every second Wednesday 5 p.m. to 12 a.m., at Louis' Pub, 315 Quebec St. Learn to swing dance.

Free Noon-Hour Concerts
Dec. 18, 12 p.m., at Third Avenue United Church. Coffee and tea are provided. Bring a fingered lunch. Performers du jour: Anna Delany and Keith Davis-Lepage. Donations are appreciated. Information at 306-652-6812.

SFC Dances

Thursday, 7 p.m., in room 11 at Albert Community Centre, 630 Garneau Ave. S. Saskatoon International Fellowship Club. Learn dances from many

countries around the world. First night is free. Walk into swagade.com.

Memory Lane

Dec. 18, 7:30 p.m., at Mayfair United Church, 502 33rd St. W. A tribute to the '40s, '50s and '60s featuring Stephen McGuire, with Colleen Church. Tickets at the church and McNally Robinson.

Christmas on 20th

Dec. 19, 2 p.m. to 4:30 p.m., at St. Thomas Wesley United Church, 808 25th St. W. Free musical entertainment, turkey, beer and hot chocolate. Performers include St. Thomas Wesley Choir. St. Paul's United Church with Mark Ziske,

McClure United Church, Dan Farnberg and Graeme Park. United Church, Neophyt Singers of Neveuson Valley United Church, and Brenda Foster and Sheldon Corbett.

Story Circle for Adults

This Friday of the month, September to June, 7:30 p.m., at the Ukrainian Centre, 203 Second St. E. Bring a story or come to listen. Potluck snacks are welcome. Admission is free and donations are accepted.

Dinner in the Dark: A Winter Feast

Dec. 20, 6 p.m. to 9 p.m., at the Saskatoon Farmers' Market, 414 Ave. S. S. Featuring local

market food prepared by chef in residence Chef Jenni. Dinner is served in total darkness, letting your other senses take over. Tickets at picasa.com.

Christmas Memories

Dec. 20-21, 7:30 p.m., at TCU Place. The Friends Singers' Christmas concert. The 100-voice choir performs with orchestral accompaniment and vocal and instrumental solos. Tickets at 306-975-7799, toulclubs.ca.

The Amazing Hebbly Bend

Dec. 21, 3 p.m. to 3:30 p.m., at St. David's Trinity United Church. Dessert will follow. Tickets at 306-342-0999, 306-362-9899.

Spirit of Christmas Concert

Dec. 21, 2:30 p.m., at Our Lady of Fatima Church in Lumsden. Performances by Our Lady of Fatima and Friends Parish Choir. Desserts will follow. Admission by silver collection.

Off-Broadway Farmers' Market, International Bazaar, and Bazaar

Tuesday, 11 a.m. to 6 p.m., in the basement of Grace-Woodminster United Church, 105 10th St. E. Offering a variety of locally produced food, clothing and accessories from India, pet products, baking, and baskets. New vendors welcome. Call 306-944-2640 or email offbroad@thamilton.org or thamilton.org.

EVENTS

Tonight It's Poetry
Dec. 20, 7-8 p.m., at The Woods At Home, 342 Second Ave. N. Poetry Slips featuring Leah Stebbins.

Good Old Time Dancing
Second and Fourth Tuesday of the month, through April. 7-9 p.m. to 9:45 p.m., at Discosawdust United Church, 545 10th St. E. Hosted by Saskatoon Pattern Dance Club. Book or dance for the first hour. Call 306-276-9383 or 306-393-9107.

HPH Billion Encrusted Forest Holiday Lights Tour
Until Jan. 10, 5:30 p.m. to 11 p.m. at the Saskatoon

Forcity Farm Park & Zoo. Light walk Jan. 11, 5:30 p.m. to 9 p.m. The drive-through Christmas display celebrates its 15th anniversary. Tickets at the gate, and car passes at Safeway or Shoppers Drug Mart. Funds raised support the Saskatoon Zoo Foundation and the Saskatoon Hospital Foundation.

Farmers' Market Closed
Dec. 22 to Jan. 1. Regular hours resume Jan. 2.

THEATRE

Memento: The Rex Christmas
Until Dec. 21 at Studio 914, 514 20th St. W. Claire Boie is engaged, Zulu is

moving away and Shiles is in jail. A story of family, friendship and love in the Rex Christmas Series. Tickets at letroupsoujourna, 306-887-1221.

Back to the Manger
Dec. 21, 8 a.m., at The Salvation Army Saskatoon Temple, 36 Balmann Cres. A Christmas musical. A small group of children discover a time machine through which they discover the true meaning of Christmas. With sounds and styles of the 1940s, '50s and '60s. Also being live on youtube.com. **It's a Wonderful Life**
Until Dec. 21 at Pansophic Theatre. Based on the Frank Capra film

and the Original Story by Philip Van Doren Stern. George Bailey facing financial adversity and in his moment of greatest despair, is saved by a guardian angel named Clarence Odbrey. Tickets at 306-364-7727, pansophictheatre.org.

The Haunted Men
Until Dec. 21 at Danco's Sky Theatre in Macleam, Charles Dickens' other Christmas story – the true ghost story. Tickets at 306-210-5445. Information at danco'sskytheatre.com

Event listings are a free service provided by the Saskatoon Star. Listings are provided at no charge to the artists. Listings are provided at no charge to the artists.



SNTC presents *Aladdin* with DPTN's *Cap'n Jack* and *Lacey Moore* as *Genie*. From left: Dallas Standring and Dakota Hebert back. The play runs until Dec. 21 at Studio 914, 514 20th St. W. HLE Photo by Eric Gledhill



**Next week in
BRIDGES**
Colleen and Wally
Mah have donated
time, money and
houses to EGADZ

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to tridgata@thelthphones.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Khalid Mohammed. Thanks to everyone who submitted entries!



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STAR EATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphenix.com
or visit Bridges on Facebook

#SASKATCHEWAN FOOD SCENE

Beer made from prairie-grown barley is worth a try

By Jenn Sharp

There's a trend toward education when it comes to food. People want to know how their food is made and where it came from. That trend is happening in kitchen choices too.

For two brothers from Moosehide, it's all about getting back to basics. Lawrence and Chris Warawa, the owners of Farmery Saskatchewan, make beer the old-fashioned way and use fine home-grown methods.

"We like to make beer out of barley. Maybe (others) like to make beer out of rice and corn syrup, but we like to make beer out of traditional ingredients," says Lawrence.

The brothers grew up on the family farm, two hours from Winnipeg. High interest rates in the 80s sent their father into a downward spiral from which he never recovered. A huge debt load combined with low commodity prices forced many to abandon farming. It was no different for their dad, who quit farming 11 years ago after declaring bankrupcy.

Lawrence and Chris moved to Winnipeg. They opened Lane Side in 1999, which has evolved into a gastropub called LaneSide. They always bought the restaurant's beef, lamb and pasta directly from area farmers.

"We're just going to back the system and start sourcing our stuff from the farmer because we can't get it out," says Lawrence.

"That was our foundation for the restaurant. We were farm boys offering that service of farm gate to the plate concept before the word was coined," adds Chris.

Farmery's homegrown craft beer production evolved from the Warawa restaurant model.

They wanted to go back to farming, but were able to keep back the original farm. Lawrence and his family live there today. Most farm corn sells their grain wholesale, but the Warawas have figured out a smart, sustainable way to add value to the barley they grow. They do this



on a much smaller acreage than the typical, large-scale farming operation, where 1,000 acres is usually the minimum to make a profit on the wholesale grain market.

The Warawas' farm is just over 300 acres. All the barley grown on the farm is used for Farmery products.

"If I was to take that barley to a distiller, I'm getting less than \$5 a bushel, which is crazy," says Lawrence.

And a big part of what makes them unique is that buying Farmery products supports the rural Prairies. One of those products is the Harvest Bread mix. Simply pour a Farmery beer into the mix, add some butter and bake it for an hour. The result is dense, crusty bread with an earthy flavour—and no preservatives!

They also make a pancake and waffle mix designed to be used with Farmery beer, along with various other food



Faraway parents Chris and Lawrence Warawa use barley grown on their family farm outside Winnipeg to make beer mixes and beer kits—first in small-batch lots.

options. Soup and soups mix from bags can be purchased online.

The food line up is available in Saskatchewan Co-op stores. If you're in Winnipeg, check out the Farmery Beer Shop, full of their products and other locally produced goods at the Portal.

Farmery's premium Lager is made to be thirst-quenching after a long day on the farm. It's versatile, too—it can be used as ice-cream and with a clean finish.

"We wanted to make a beer that Chris and I like to drink," notes Lawrence.

They're hoping to break ground on the farm for the new brewery in the spring, and operate an agri-tourism business to share how beer is made

as the Prairies.

"It is designed to showcase and teach people how beer is actually made as they get to go through that brewing process. Usually give that some sense and feel if you go to Kelowna and Saskatchewan to go to Alberta," says Lawrence.

"We want people to be proud of where they come from. For the last 100 years, everyone jumped over Manitoba and Saskatchewan to go to Alberta," says Lawrence.

To find out more about Farmery Saskatchewan and see the Warawas' appearance on Dragon's Den, go to www.farmery.ca
@farmerysask
Farmery.ca
Farmery.ca

BRIDGES CAMPAIGN PROFILE

RUH Foundation goes for gold to support stroke treatment

It happens every ten minutes in this country. Someone begins to feel a sudden tingling in their face and a spreading numbness on one side of the body. The arm or that side may suddenly drop dead against the body, clucking the torso. The person fumbles for the phone, but has trouble making the call. When the call goes through, they stumble through slurred words and panic to explain their predicament.

Someone is having a stroke. If that someone succeeds in reaching 9-1-1, an ambulance will bring them to the emergency department at Royal University Hospital (RUH) where the care they will receive represents a significant transformation.

"That process has been revised thoroughly from top to bottom over the last six months or so, so since we officially formed our stroke program and formed a team including a stroke nurse, neurosurgery and neurology staff," says Dr. Gary Hunter, a neurologist at RUH and part of the stroke team.

The new system offers important strengths that can significantly improve patient outcomes. One is information sharing through a pre-notification alert that a stroke patient is coming. In the patient's file, medical history and current status are available to the stroke team that is already waiting in the emergency department when the patient arrives, and through all the stages, including those who do the CT scan. The streamlined process has

a second strength: precious minutes are shaved off each stage of the patient's diagnosis and treatment. If the stroke is caused by a blood clot (ischemic), the clot-busting medication (tPA), will be administered if investigations reveal the patient is a good candidate. The medication can help prevent disability after a stroke and works best if given as soon as possible after the onset of stroke symptoms.

If the patient has a large blood clot that tPA cannot dissolve, the patient will quickly be taken to the vascular suite where an endovascular device can remove the clot. Dr. Hunter says that even for larger blockages, this endovascular treatment can be very effective. "We're looking at the difference between long-term severe disability and literally walking out of the hospital with minimal to no deficits in a day or two."



With your support of the RUH Foundation, the Saskatoon Health Region stroke team looks forward to the upgrade of the existing vascular suite (shown here) and creating a second suite to include the most advanced equipment in Canada.

To multiply these amazing successes and set the gold standard for stroke and other trauma treatment, the RUH Foundation is raising funds for a new fully equipped neurology suite and upgrades to the existing suite. The \$1 million needed now will top up the government investment of \$2 million towards the \$3 million total cost for the equipment and renovated suite. "We want to be able to provide the best possible equipment, the newest technology to our physicians and care teams, as well as to patients and their families," says Aris Gatsafaris, CEO of RUH Foundation.

The new state-of-the-art advanced angiography suite will provide minimally invasive treatment that allows specialists to view the brain in three dimensions and remove blood clots without surgery. "The availability, efficiency and accuracy of the equipment will



Members of the Saskatoon Stroke Program Team: Dr. Michael Kelly, Director - Saskatoon Cerebrovascular Centre, Saskatoon Clinical Stroke Research Chair and Associate Professor, Neurosurgery and Medical Imaging, University of Saskatchewan and Saskatoon Health Region; Dr. Gary Hunter, Neurologist, Saskatoon Health Region; Ruth Wicks, Stroke Services Clinical Nurse Specialist; Dr. Lisa Peck, Clinical Assistant Professor, Neurosurgery and Medical Imaging; and Aaron Gardner, Cerebrovascular Clinical Nurse Coordinator.

all be improvements," says Dr. Hunter. It will make a huge difference to those patients whose condition renders them unable to benefit from initial treatment procedures. "Patients want to have confidence in the care they receive, not only from the time they arrive at emergency but also through the whole system," says Gatsafaris.

As 2014 wraps up, the RUH Foundation invites you to consider making a donation for this important new equipment. "The acute stroke pathway is a provincial initiative from

the Ministry of Health. We are looking at how we can make this kind of treatment available across the province, and standardizing treatment protocols," says Dr. Hunter. Additional uses of the new equipment include improved diagnostics and treatment options for cancer patients, and treating life-threatening bleeding. Your valued support through a donation will help save lives and improve outcomes.

RUH FOUNDATION
 Give Generously Give Health Give Goodwill

To donate contact:
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HEALTH

ARGON TREE

Get the scoop on argan oil

By Sara Williams

In less than a decade, argan oil has hit the European and North American markets and become the "new" high-end ingredient for culinary and cosmetic products. It's been used for centuries almost exclusively by Moroccan Berbers.

Argan oil is produced from the argan tree, a rich in vitamins E, Omega 6, vitamin K, linoleic acid and is a mono-unsaturated fat. Cosmetically it is used as a moisturizer for skin, hair and nails, rather as the oil alone, or in soaps and creams.

The flavor is distinctive, rich and nutty as a culinary oil it can be used in salad dressing, for dipping bread, on couscous and for flavoring soups, but cannot be heated. Andalus—a paste made from olives, argan oil and honey—to typically spread on toast.

The argan tree (*Argania spinosa*) is an ancient species native to southwestern Morocco. Only eight to 10 metres high, it resembles a gnarled old olive tree but with thorns capable of lacerating anyone foolish enough to climb it. It lives 150 to 200 years reaching fruiting maturity after 50 years.

The fruit, the size of a small apricot, has a tough leathery covering pulpy flesh surrounding a very hard nut. The nut contains one (sometimes two or three) small, oil-rich kernels or seeds. The fruit takes over a year to mature, ripening and falling in June and July.

Extraction of argan oil is a labour intensive. It takes 30 kg of fruit and about 10 hours of labour to produce just one litre of oil.

Argan fruits are first dried in the open sun. Then the leathery and fleshy pulp are removed. The nut itself is then cracked to obtain the oil-rich kernels. The kernels are broken open by tapping it be-

tween a large stone and a smaller hand-held one. A trough is held under this process have been successful.

Kernels to be used for food are then gently roasted. After roasting, they are ground and pressed to obtain pure unfiltered argan oil. The oil is decanted into vials and leftover mash is used as cattle feed.

Traditionally goats provided a much appreciated labour-saving service: climbing the trees, eating the fruit, digesting the break and leaving the kernels (between the back and the pulpy fruit) behind in their dung. These kernels were then collected from the goat dung, cleaned and processed. The goat's involvement elucidated the first few steps of the process. Although undoubtedly expensive the goat stage of production is now frequently bypassed—in the interest of producing a "gourmet-free" taste or smell in the end product. But much of the rest of the process remains unchanged.

International demand has created a viable economy for local villages with two to three million people relying on it as a source of income. Many argan co-operatives have been established to provide economic and social benefits to rural women, offering them fair wages and access to the seeds of their family.

In Morocco, argan forests cover some 8,000 square kilometres and are designated a UNESCO Biosphere Reserve. Their deep root systems enable them to colonize the desert fringes, making them a vitally important defense against desertification.

This column is produced courtesy of the Sustainable Peruvian Society (sustainableperuviansociety.org, Andromag@peruviansociety.org). Check out our Twitter board or calendar for upcoming parties and fundraisers.



Argan oil is the latest culinary gold to be mined. Traditionally goats were used as a labour-saving harvesting measure by Moroccan Berbers. PHOTO COURTESY MARCO ARONAU

WINE WORLD

#SASKATCHEWAN WINE SCENE

Impress the cork dork on your Christmas list

By James Romanow

There's a very small number of people in the world who only drink red and also want to drink local. They have resulted in the production of some extraordinary beverages.

Why don't you take a leaf from Anthony McCortick, the executive chef at the Saskatoon Club and consider all of Canada as "local." Then way you will be easily get a decent red—a really decent red. Well, just go for a good red for a change. But before you those really colorful ones are—the dork with the cute label, some choice to other people. Put aside childish things and grab an adult-sized

A low rate to introduce you and perhaps some wine to Laughton's Wine. This wine is unique as a couple of weeks, starting with all the info that interests a cork dork is actually printed on the wine bottle. From the harvesting technique to the blend, it's all there, although displayed in a whimsical spirit around the bottle.

Furthermore, the winemaker has pulled off something that only the most accomplished wine makers can manage: The wine has zero residual sugar but has a tremendously smooth palate with tanned tannins and fabulous fruit flavors.

In short, this is a highly sophisticated wine that will keep any moderately experienced



drinker very happy. Also, the price is such that few of us will turn this into one house red, more's the pity. What the heck, it is the holidays, you know. No wine drinker turns down a gift of good wine.

Whether this is for festive drinking or a shared pleasure, this is a red you'll want to try. Go on. Indulge yourself.

Laughton's Wine Vineyard Portfolio VQA, 2005, 100% Pinot.

Next week, Canadian holiday. But there's always more wine in Monday's paper and on Twitter @jromanow.

Crossword/Sudoku answers

ADV	PSISTS	HOMEL
GAU	PUPUP	ARONE
GRANDMERE	CORDS	
INGER	ANMER	ESOS
REIRE	COP	DESERT
STADT	SEQUEL	CSA
	TAD	DEFC
	BROKEN	RECORD
NAD	REFIG	DIN
ETIO	MOCHU	TAMO
FLACIER	REGO	REAS
ANAL	THEIR	ULNA
PERED	ORDAINING	
HYENA	WILMA	REE
SEWER	LOYAL	SRS

5	2	4	3	7	6	8	1	9
9	7	3	8	1	5	2	6	4
1	6	8	4	2	9	7	5	3
7	3	6	9	4	8	1	2	5
4	1	2	5	3	7	6	9	8
8	9	5	2	6	1	4	3	7
6	4	7	1	9	3	5	8	2
2	5	9	6	8	4	3	7	1
3	8	1	7	5	2	9	4	6

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The Meewasin Valley Centre and Beaver Creek Conservation Area are open during the holidays.

Holiday fun for Everyone!
Ages 5-12, drop-in (daily 1pm-5pm)

December 20-21
Penguins and Christmas cards to make, garlands, ornaments, and more.

December 26-30
Snowman and snowflake craft, snow cone (homemade) snow to make their own snow cones.

December 31-January 1
Make a simple snowflake land, snowman, or an animal mask and learn about some of the animals that live around Saskatoon through the winter.

Meewasin Valley Centre
400 Third Avenue South
306-665-6888

Dec. 20 - 2pm - 4pm
Dec. 21 - 10am - 4pm
Dec. 26, 27, 28 - 1pm to 5pm
Dec. 29, 30, 31 - 9am to 5pm
Jan. 1 - 1pm - 5pm
Jan. 2 - 9am to 5pm
Jan. 3, 4 - 1pm to 5pm

A bird in the hand feels so grand!
December 30, 2014 to January 4, 2015
Beaver Creek Conservation Area
a open 12pm-5pm. Adults for you to bring family and friends out to enjoy a winter walk.

Ask the women and find out the Black-capped Chickadees and explore the Interpretive Centre.

1pm-5pm, Daily Nature Craft
200pm, Daily Explorer outside with an interpreter.

Beaver Creek Conservation Area
12km South of Saskatoon on
Highway 219 off Locust Ave South
306-374-2474

Dec. 24 - 9am - 4pm
Dec. 25 - closed
Dec. 30 - 10am - 4pm to 5pm
Dec. 31 - 1pm to 5pm

Free Admission

Meewasin

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